

HEADACHE

PRESSURE IN HEAD

NAUSEA OR VOMITING

BALANCE PROBLEMS  
OR DIZZINESS

DOUBLE OR  
BLURRY VISION

SENSITIVITY TO  
LIGHT OR NOISE

FEELING SLUGGISH, HAZY,  
FOGGY, OR GROGGY

CONCENTRATION OR  
MEMORY PROBLEMS

CONFUSION

JUST NOT "FEELING RIGHT"  
OR "FEELING DOWN"

All concussions are serious.  
If you think you have a

# CONCUSSION:

- \* Don't hide it.
- \* Report it.
- \* Take time to recover.



**It's better to miss one game than the whole season.**

For more information and to order additional materials *free-of-charge*, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION

